



## Hip Bar Hinges

**Purpose:**

This exercise teaches proper hip hinge mechanics

**Benefit:**

This exercises improves your ability to get into a correct posture at address

**Instructions:**

Place the club across your hips with your thumbs on your hip joints. Get into a neutral posture and bend forward from the hips no the lower or upper back.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

